

# 1

## An Overview of the Clinical Theory of Rational-Emotive Therapy

Albert Ellis, Ph.D.

### PREFACE

In many respects rational-emotive therapy (RET) has a simple and easily expounded theory of human disturbance and of effective methods for helping people overcome their various emotional problems. At the same time, this theory has many ramifications and complications. I shall try to briefly outline some of its main aspects in this chapter and shall assume that the reader has or will get more details in some of the main texts on the theory and practice of RET listed in the preface of this book. Later I shall outline its main hypotheses dealing with techniques of therapy and trust Drs. Cierger and Boyd to expand upon and illustrate them in more detail.

### THE BASIC THEORY OF RET

The basic theory of RET has several important aspects, and includes a number of hypotheses, many of which have been at least partially confirmed by an impressive number of empirical, controlled studies (Ellis, 1977b). What follows are some of its more important assumptions.

#### Definition of Rationality

The term "rational" in RET has no absolutistic or invariant definition. It is assumed that virtually all humans have fundamental goals, purposes, and values, particularly to stay alive and, while

# Rational Emotive Therapy A Skills Based Approach

**Yi-Tong Ma**



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